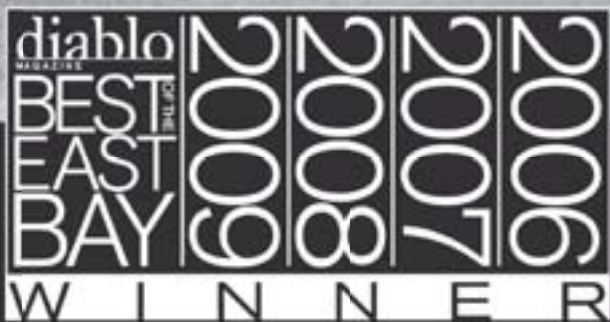
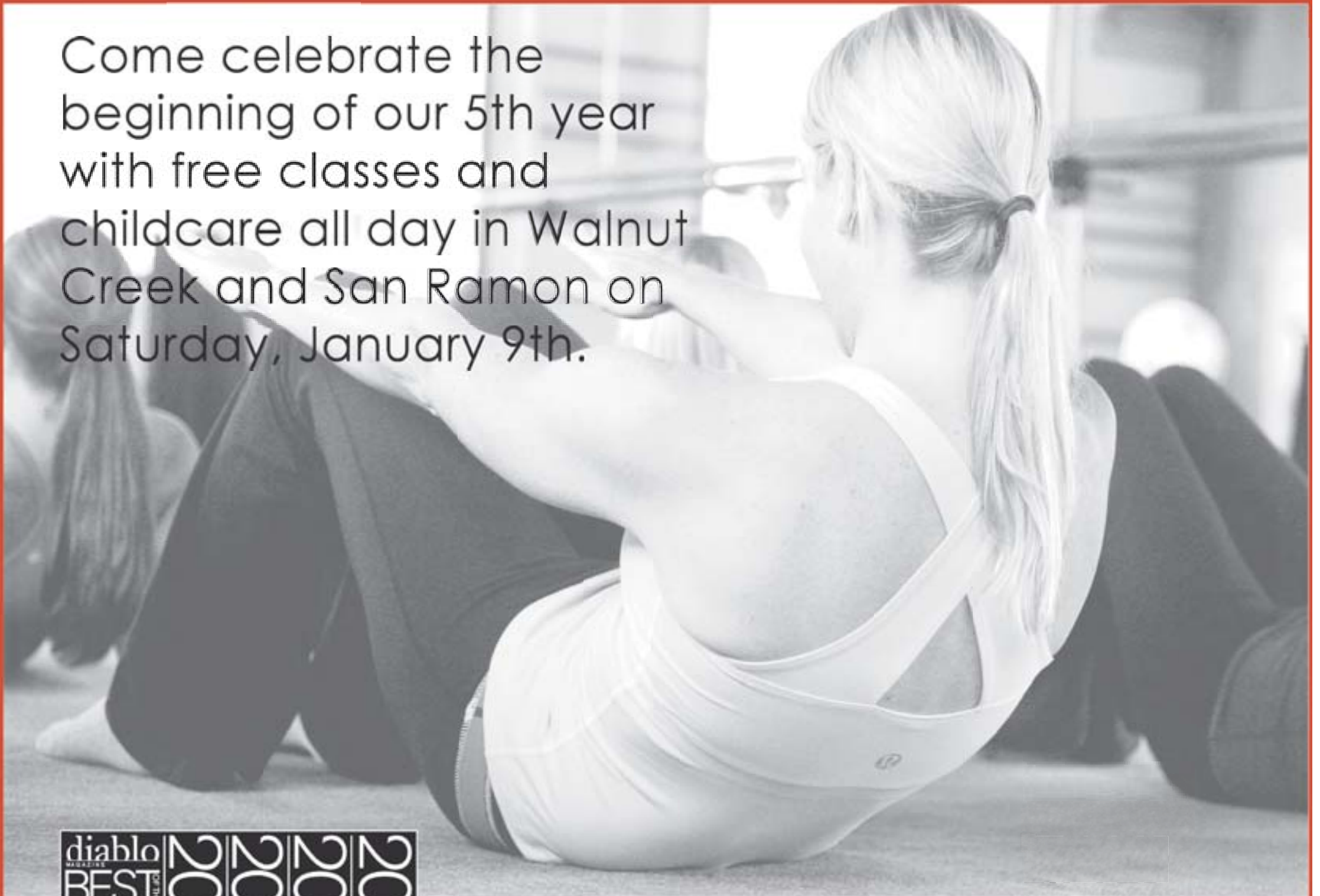
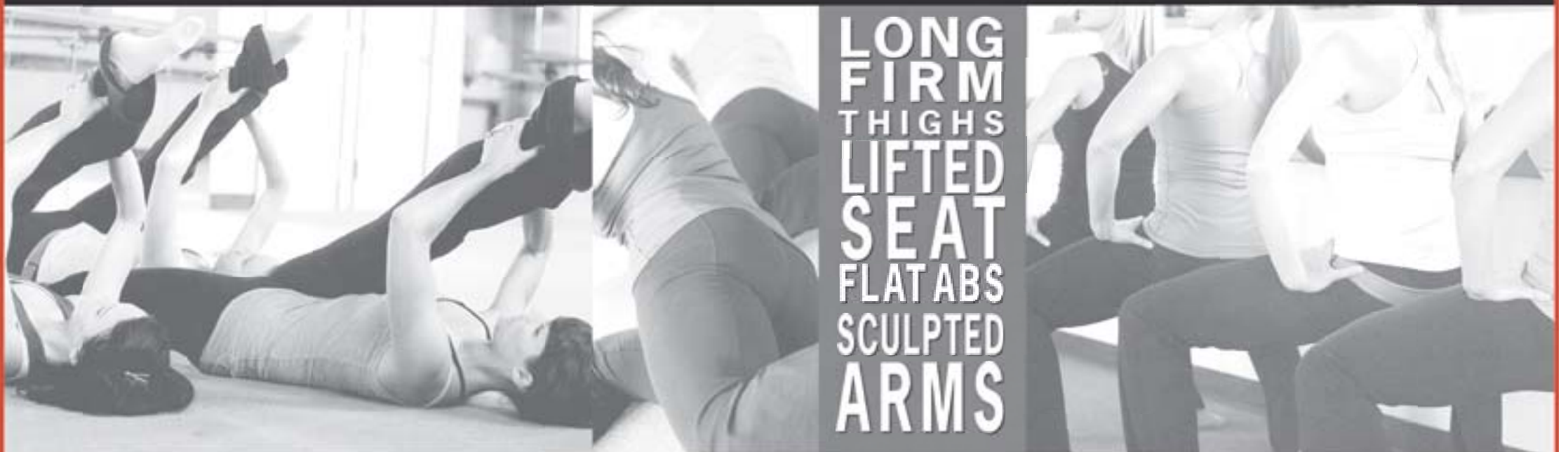


# Loyally kicking butts in the East Bay for 4 amazing years.

Come celebrate the beginning of our 5th year with free classes and childcare all day in Walnut Creek and San Ramon on Saturday, January 9th.



**Diablo Magazine Best of the East Bay  
"Best Butt Kicking Workout"**



**LONG  
FIRM  
THIGHS  
LIFTED  
SEAT  
FLAT ABS  
SCULPTED  
ARMS**

Walnut Creek, CA  
1946A Mt. Diablo Blvd.  
925.933.1946

San Ramon, CA  
3211 Crow Canyon Place  
925.830.8825

[www.barmethod.com](http://www.barmethod.com)  
childcare available



Bring this ad in for a free gift when you take class on January 9th